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# 30 MINUTE THERAPY FOR ANGER: EVERYTHING YOU NEED TO KNOW IN THE LEAST AMOUNT OF TIME



New Harbinger Publications. Paperback. Book Condition: new. BRAND NEW, 30 Minute Therapy for Anger: Everything You Need to Know in the Least Amount of Time, Ronald T. Potter-Efron, Patricia S. Potter-Efron, Thirty-Minute Therapy for Anger presents a breakthrough approach to the treatment of anger that is designed to fit the needs of people seeking fast solutions. In just one hour, readers learn the essentials about anger chapter by chapter: what causes and contributes to anger, how to calm down when...

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- Authored by Ronald T. Potter-Efron, Patricia S. Potter-Efron
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